

# **Improving The World For LGBTQIA+ People, And A Few Other Ideas**

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- May 1, 2022 -

## **1. About LGBTQIA+, Sexuality and Mental Health:**

### **A. Safety**

Many LGBTQIA+ people do not feel safe on the streets. How can we handle this? Every city should have a hotline for discrimination. I also think that raising awareness plays an important role in this. We can show more LGBTQIA+ people in the media. For example, two people of the same sex walking hand in hand, or a trans person.

There may be articles in the media about people who happen to be LGBTQIA+.

We also need to be sure that the crime statistics are correct, and that statistics are not manipulated to make cities appear safer and better than they actually are. Men and women should also receive equal pay.

### **B. Accommodating fleeing LGBTQIA+ people**

With the war between Ukraine and Russia, many people are currently fleeing. There are probably other wars that people flee from, and other reasons why people flee. Many fleeing trans people are misgendered and many LGBTQIA+ people do not feel safe in shelters where mainly heterosexuals live. Perhaps places should be provided for them? Or looking for host families?

There are also many young people who are evicted from their homes by their parents because they are LGBTQIA+, where can they go?

### **C. LGBTQIA+ people in residential care centers**

Many LGBTQIA+ people no longer feel at home in residential care centers (like elderly homes). They hide their gender or sexuality again, because they suddenly have to live close together with other people who may not be open-minded. In addition, when dating or dance evenings are held, it is often assumed that all men are attracted to women and vice versa.

### **D. Attention to double minorities**

We must pay attention to double minorities such as LGBTQIA+ fellow people with disabilities, or LGBTQIA+ fellow people with a migration background, etc.

### **E. Connecting LGBTQIA+ people with other groups**

We can look to connect the LGBTQIA+ community with other communities such as the elderly or people of other cultures. In this way people can get to know each other better and mutual understanding is created. Perhaps an event can be organized where something is held about a different culture with an LGBTQIA+ activity in the same room. I personally experienced this. I once organized an activity for LGBTQIA+ people, where Congolese people happened to make chicken moambe. An event could possibly be held for minorities in general.

## **1.1 Rainbow House:**

There should certainly be an information point for people with questions about sexual orientation, gender and sexuality.

This can be done through a rainbow house that works with volunteers and/or employees. It would be a two-storey building. The first floor is a bar and the second floor has rooms for various organizations.

## **1.2 Sex Education:**

Sex education is given at school, where children are taught how to make children and how to prevent pregnancies and STDs. This is very good.

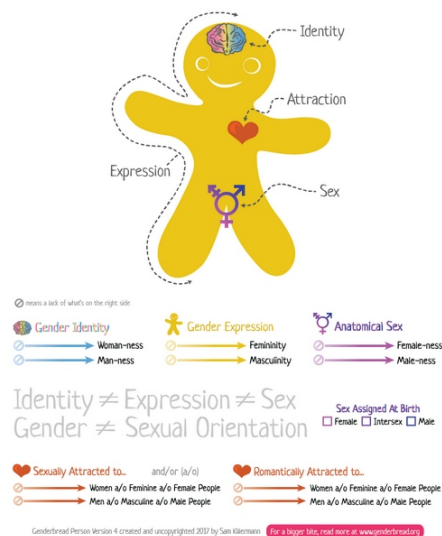
- But what is not offered is information about consent. This is not / hardly talked about. One has to learn that it is best to ask permission if you want to talk, cuddle or have sex with someone. By asking things clearly, there are no misunderstandings. One must learn that consent is extremely important during touching, caressing and sex. People should always be able to say 'no' and 'stop' if they don't want or don't like something.

- People should also know that one can live happily without sex. It's not because people don't have sex that they become rapists. Masturbation can be a healthy outlet. In addition, people can love themselves and give themselves hugs, this way one can be happy, without being desperately looking for others.

One can learn that sex also happens and can happen with people of the same sex.

In addition, the Genderbread person can be displayed .

## The Genderbread Person v4 by its pronounced **MeTR**sexual



They can learn that some individuals are born in the wrong body. These people often call themselves transgender. It could possibly be explained what each letter stands for in the 'LGBTQIA+' and that there have always been LGBTQIA+ people, but that there is now more acceptance for them.

- In addition, they can learn to deal with their emotions. They can learn that emotions are temporary, that emotions come and go. They can learn that sport, 150 minutes a week (walking counts too), is healthy and that 8 hours of sleep is healthy. By eating healthy, exercising, sunlight and enough sleep, people can be happier, think better and live longer. One can learn about mental well-being, meditation, focusing on the positive and not focusing on fear and doubts.

### 1.3 Toilets

There should be more public toilets, for example at every park, parking lot and forest. We also need to make the toilets gender neutral. For example, is it necessary to have urinals?

-We can possibly place 'sit toilets' everywhere. Sitting on the toilet is healthier than using an urinal. In existing toilets we can replace the signs with a sign of a urinal and a sign with a sitting toilet instead of 'man' and 'woman'. We must also provide

toilets for people with a stoma.

-Cities should also provide a safe space for cis women, a space that is not a toilet.

## 2. Wheelchair Accessible?

Is everything wheelchair accessible? We have to take elderly into account as well. More and more people are getting older, so we also need to make everything more accessible. For example, in shops, make sure that things are not too low or too high.

## 3. About Safety During Difficult Times

We also need to think about state security, because of Russia's actions, without provoking Russia. For example, do the warning systems still work? Does the air raid siren still work? What if a major city is the target of a nuclear or chemical attack?

-Between 2023 and 2026, there will also be a solar storm that could potentially damage technological infrastructure. Is our electrical infrastructure protected against this? Can steps be taken to prevent or deal with damage?

## 4. About Tranquility and Nature in Kortrijk

Recently, there has been less tranquility in the world, and this does not only concern big metropolises but also small towns and sub-municipalities, parks, etc. There are many vehicles whose mufflers have been removed or boosted vehicles that cause noise disturbance both during the day and at night. One can look for a ban on such vehicles or make silencers/ mufflers mandatory. The police can work with cameras that can recognize and track such vehicles with removed mufflers or boosted vehicles.

-In addition, there are also digital billboards (electronic screens) with moving images that pose a danger to traffic.

These moving images cause stress and distraction, which can lead to traffic accidents. They can be disturbing for people with Autism, ADD, ADHD and/or highly sensitive people and are dangerous for people with epilepsy. Stations that used to be a place where people could read and talk now seem like a dystopian cyberpunk environment. The streets are a public place and not a discobar. Currently, some malls are no longer accessible to certain people because the screens are too intense. It would be best to remove the screens, or just use still images, which change images by means of fades.

People who are sensitive to this cannot just go "somewhere else", because then these people have nowhere to go.

- You can also participate in 'Do not mow May'. To promote biodiversity.

- When designing new buildings, plants or grass can be integrated to promote the creation of oxygen. Solar panels can also be integrated.

- It is also important to make sure there isn't too much concrete, asphalt and brick which could cause floods. Because water cannot escape through hard materials.

## 5. Work

Everyone, unemployed or not, should have the right to have shelter. In addition, people have the right to a stable employment and they must be able to pay for shelter and support a child with 30 hours of work. People should be able to work despite their skin colour, orientation, gender or sexuality. HR and Interim offices are focused on temporary work and often withhold information (wage, location, company,...) from job seekers. This must change and people must be able to obtain and keep a stable, permanent employment.

## **6. Privacy and Discrimination**

People should not be discriminated against on the basis of sexual orientation, skin colour, religion, health, age and vaccinations. Surveillance cameras are not allowed to use facial recognition or license plate recognition to show targeted advertisements to people. They may not be sold to third parties or companies, this information may not be used to promote sales. It should only be used to ensure the safety of the people. In addition, it is not correct if people are discriminated against in public places, restaurants, cafes,... in terms of vaccination. Some people have an immune problem that prevents them from being vaccinated or choose their own body. Not only are people discriminated against, people's medical information is private, people are not allowed to just check that.

## **7. Further ideas**

- Cities should have a great quantity of masks, both cloth and disposable masks, ready in case another pandemic breaks out. If necessary, cities can have a quantity of food and drinkable water, for times of scarcity.

- We could experiment with universal income and see what effect this has on the climate and the value of money.

- We should think about the opioid crisis, alcohol and other (legal) drug addictions, can we prevent this? Are we in a crisis? Can we fix this crisis?

- We must tackle monoculture in agriculture. We also need to ask ourselves are we using too many pesticides?

We must look to replace plastic as much as possible with other material, preferably biodegradable material.

For example, SCOBY (symbiotic culture of bacteria and yeast) is an excellent alternative to many existing materials, and is easy and environmentally friendly to make. In addition, insects can be used as a meat substitute. Insects are much more environmentally friendly to breed and are easy to place, so less space is wasted.

People can be sensitized to eat insect-based meat substitutes instead of meat. It is possible to see whether insects can be used in animal food.

- With regard to crime, it is not only necessary focus on punishments. We should work on prevention as well.

Why does someone become a criminal, and what can we do about it? Are there certain disorders that lead to crime? And can these disorders be treated before a crime occurs? Are there environmental factors that lead to crime, and can these be addressed?

- We can provide ecopassages on most roads, in/near nature areas or lakes. In this way, animals can move safely from place to place. An ecoduct, ecopassage, nature bridge, animal viaduct or wildlife viaduct is a structure where wild animals can cross an obstacle, such as a traffic road.

- People should be able to pay with cash everywhere. People should have the right to hide their face, if necessary with a mask or sunglasses, as there are more and more cameras with facial recognition which takes away people's privacy.

- One can look to place insect hotels near and in nature reserves, and possibly in cities? to help endangered insects.

- People should have the right to carry a knife or umbrella so that they can defend themselves if they have been cornered by a mob or an aggressive person.

- Self defense and first aid should be taught in school.

- One can investigate whether certain substances can be used to help people in a clinical setting: I am talking about LSD, cannabis, DMT and natural hallucinogens such as ayahuasca. It is possible to investigate whether microdoses can help people, possibly against depression.

- Companies and individuals should use as much free and open source software as possible so that people are not discriminated economically and can always open and edit files.

## **8. The Future**

- Humanity will eventually have to go into space using space stations or live on other planets. In this way humanity can continue to exist should a catastrophe ever happen on Earth. In addition, there are many materials in space that are expensive and rare on Earth.

- We have to take into account the fact that Artificial Intelligence is already smarter than humans in many fields. We must keep in mind that Artificial Intelligence can become self-aware, or start to improve itself at a speed which humans cannot keep up with (singularity). That is why we, now, have to program AI as friendly as possible. We must create AI as friends of humanity and not as weapons of war.

- We must also consider the possibility of intelligent extraterrestrial life (aliens). It is best to send as few signals as possible to other planets, because we do not know whether aliens have good intentions. When we eventually encounter intelligent extraterrestrial life, we have to use a lot of understanding and empathy. Their way of communicating can be very different from ours, they can use smells, light, colours, etc... for communication instead of sound, like humans. We must not provoke the aliens, but at the same time be careful, because they may hide bad intentions.

- One must preserve the news, the things that change, and important basic knowledge in digital and non-digital archives. One must do this so that it is easier for later historians to learn about our time. But also to preserve knowledge in case a disaster or war breaks out.

Thank you for reading my text.